

# Fitness Stations

Time: 43 min	Facility: Fitness Gymnasium
Equipment: 2 skipping ropes, mats, dumb bells, centers names on walls	Physical Activity Level: high

## GLO

Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuit.

## Students will

### Functional Fitness

B7-3 explain the components of fitness; e.g., strength, endurance, flexibility, cardio-respiratory activity,; analyze individual abilities and formulate and individual plan for growth.

## Safety

- Remind students to be cautious when moving and to be aware of the personal space of others
- Use equipment appropriately

## Warm-up: stretching

- play running game skittles

## Activity: Lacrosse Warm Up

- students will be sitting when I go through each stations explaining what each fitness activity is and demonstrate the body movements
- students will distribute themselves into pairs around the gym at the different fitness stations posted on the walls of the gym
- students will do the activity for 1 min (I will be in the middle of the gym timing) then rotate anti-clockwise to the next station
- I will move around the gym encouraging students and making sure that they are participating and doing the fitness station correctly

## Cool Down

- Put away materials
- Oly oly octopus

## Variations

- Students can record how well they do at each station for future reference if we do the activity again

## Notes for Teacher

- Keeping an eye on the students so that they do not injure themselves from doing a body movement incorrectly

## Planning Notes and Reflection